

The Capitol Café Week OF February 23rd 2008

4 = Fit for Life Item

Complete catering guide
available to help make your
meetings a success.
Stop by the cashier & pick-up a
catering menu
Gift certificates available
throughout the year!!!



*"Beginning everyday
from scratch"*

A'viands

FOOD & SERVICES MANAGEMENT
FOOD SERVICE DIRECTOR
Curt Wellington 701-223-8766
ndcapitol@aviands.com
All comments welcome!

**Taco Bar Served every
MON. & WED**

**Hot roast beef sandwich w/
mashed potatoes & gravy**

TUES. & THURS

Soup of the day

MONDAY
Chicken Noodle

TUESDAY
Knoephla

WEDNESDAY
Tomato

THURSDAY
Cheesy Chicken Tortilla

FRIDAY
Vegetable Beef

Open Monday thru Friday
7am to 4:30pm

Breakfast served Monday thru Friday
7am to 10:30am

Lunch served Monday thru Friday
10:30am to 1:30pm

Closed all weekends & holidays

MONDAY		
Breakfast Grill	Sausage, egg & cheese croissant	\$3.55
Grille	Beef or chicken quesadilla w/ pico, meat & cheese w/ lettuce, toms. olives	\$4.67
Market place Entrees	Tater Tot hot dish w/ vegetable & dinner roll	\$4.67
World Flavors	Beef & Broccoli stir fry or rice	\$4.67
Grab and Go 4	½ Chicken tortilla wrap w/ cup of soup	\$3.25
TUESDAY		
Breakfast Grill	2 pancakes, 2 bacon, order of toast	\$2.99
Grille	Buffalo chicken sandwich w/ side of buffalo chips	\$4.67
Market place Entrees	Lasagna w/ side salad & garlic bread stick	\$4.67
World Flavors	Spicy peanut chicken over rice w/ vegetable 4	\$4.67
Grab and Go	½ turkey club wrap w/ cup of soup	\$3.25
WEDNESDAY		
Breakfast Grill	Rancher's special w/ side of toast	\$3.29
Grille	Brushetta w/ side of dipping sauce	\$4.20
Market Place Entrees	Mushroom ravioli in Alfredo sauce, side salad & garlic bread stick	\$4.99
World Flavors	Casserole go for the grains (vegan) w/ garlic bread stick 4	\$4.20
Grab and Go	½ Crispy Ranch wrap w/ cup of soup	\$3.25
THURSDAY		
Breakfast Grill	Biscuits & gravy w/ side sausage patty	\$3.05
Grille	Swiss mushroom burger w/ fries	\$4.20
Market Place Entrees	Ribs N Kraut w/ mashed potatoes vegetable & dinner roll	\$5.50
World Flavors 4	Potato Florentine soup in a bread bowl w/ side salad	\$4.67
Grab and Go	Veggie wrap (lett, toms, cukes, blk, olives, cheese & peppers w/ mayo)w/ cup of soup	\$3.25
FRIDAY		
Breakfast grill	French Toast Texas toast w/ two strips of bacon	\$2.99
Grille	Fleischkeuchle w/ side of fries	\$4.67
Market Place Entrees	Beef nachos w/ cheese sauce & jalapenos	\$3.99
World Flavors	Build your own Sub sandwich (ham, turkey or roast beef) w/ all the sides & chips	\$4.67
Grab and Go	Soup (cup) & salad bar	\$4.20